




OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 MINESTRONE SOUP Kidney Bean Chili w/ turkey Rice, Corn bread Salad w/ shredded Cheese & cilantro Peaches, Orange Juice	2 Shredded BBQ Chicken on Bun Baked beans Coleslaw with pineapple Chocolate Cake	3 Baked Ziti Pasta with ground beef Green beans w/ onions Spumoni Ice Cream Apple Juice Garlic bread	4 Pork Roast w/ Apple Onion Gravy Roasted sweet potatoes Creamed spinach Corn bread Mandarin Oranges	5 Bratwurst w/ onion German potato salad Carrot raisin salad Rye bread German rice pudding
8 CLOSED Columbus Day	9 TOMATO BISQUE SOUP Tuna Salad w/ green onions, almonds & raisins, Cold rice salad Lettuce tomato slice, Crackers Pears light syrup	10 Rosemary Roast Pork Dried fruit stuffing Glazed carrots Orange Juice Baked apples	11 Chicken Florentine Orzo pasta with lemon zest & parmesan cheese Peas, wheat bread Green salad	12 Salmon Loaf w/ Newburg sauce Brown rice Steamed broccoli w/ Butter, Green salad Roll Banana pudding w/ vanilla wafer
15 Baked Herb Chicken Cooked red cabbage Baked potato Peaches in syrup Corn bread Rice pudding w/ cinnamon	16 Baked Salmon w/ dill sauce Brown rice zucchini casserole Mixed greens salad Yogurt w/ pineapple Wheat roll	17 Meatloaf w/ spinach Squash/potato mash Green salad w/ red cabbage Italian bread Mandarin oranges	18 CREAM CARROT SOUP Chicken Alfredo w/ pasta & peas Spinach salad w/ red onions slices Garlic toast, Baked apples	19 Chicken Cordon Blue Mashed Potatoes Peas & Carrots Green Salad w/ Spinach Roll Fresh Fruit
22 Turkey Hotdog and Bun Diced tomato, onions & relish Macaroni salad Fruit cocktail Chips	23 Stuffed Bell Pepper w/ground beef Veggie mix gratin Corn Italian bread Peaches	24 Shredded Chicken Tacos Refined pinto beans Spanish Rice Lettuce, tomato. Shredded cheese Salsa & Flan	25 Stuffed Cabbage w/ ground turkey Brown rice w/ parsley, Green salad w/ cucumber/ onion Lemon Jell-O Apple Juice	26 CORN CHOWDER Beef Stew (chunky) w/ carrots & celery Mashed potatoes Green salad w/ croutons, Parmesan bread, Pears
29 CREAMED SPINACH Hamburgers w/ mushroom \$ onions Potatoes Obrien Lettuce, tomato Cheddar cheese Peached & chips	30 Italian Sausage w/ Peppers Spaghetti w/ tomato sauce Green peas Salad w/ red onions & carrots Italian toast Ice Cream	31 HALLOWEEN Roasted Chicken w/ Apples Sweet potato wedges Black Eyes Peas w/ ham, Creamed spinach Roll, Pumpkin bread pudding 	South Pasadena Senior Center 2.25 PER MEAL and \$ 5.40 for those under 55 yrs. old RESERVATIONS REQUIRED Cancellations required by 10 am (626) 403-7360 Menu Subject To Change Without Notice	